

English in Mind Second edition

Level 4 Unit 14

Worksheet**Want to live longer? Carry on laughing****THE**  **INDEPENDENT****Lead-in**

- 1** Think of a funny film, video or advert you have seen recently. Describe it to your partner. Decide which one is the funniest. Tell the best one to another pair.
- 2** What else makes you laugh? Why do you think humans laugh?
- 3** Pre-reading task. Look at the title. Do you think laughter can have a positive effect on our health? Complete the second column with a tick (✓) if you think laughing might help and a cross (X) if not. Then share your ideas with a partner and explain why.

Laughing can ...

	Your opinion	Article
exercise your facial muscles reduce allergic reactions help patients with broken legs lower blood pressure prevent flu make people fitter help people with arthritis help diabetics improve quality of life relieve pain help people lose weight encourage relaxation reduce stress help cancer patients boost the immune system help you live longer		

Reading comprehension (1): reading for detail

- 4** Now read the first five paragraphs of the article and complete the third column. Did anything surprise you?

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5 Read on to the end of the article. Decide if the following statements are true (T) or false (F). Compare your answers in pairs and give evidence from the text.

- 1 Depression can have a serious impact on survival rates after surgery. _____
- 2 Laughing causes physiological changes in the brain and body. _____
- 3 If you enjoy a good marriage you will have fewer antibodies. _____
- 4 Laughing can help people who have kidney problems. _____
- 5 Watching funny films can help young people with problems such as rheumatism. _____
- 6 Children feel less pain when they are watching funny programmes on TV. _____
- 7 When we laugh our breathing changes. _____
- 8 Laughing doesn't help people to lose weight. _____

Vocabulary (1): words related to illness

6 Underline all the medical conditions you can find in the first six paragraphs. Your teacher will give you a slip of paper with an illness on it, e.g. eczema. Read it, but don't show it to anyone. Now describe the symptoms or causes of the illness to your partner. Your partner has to guess the medical condition.

Vocabulary (2): verb + noun collocations

7 Match the highlighted collocations in the text with the following definitions:

- 1 lower tension
- 2 get fewer bad effects from a disease
- 3 improve the body's natural defences
- 4 improve
- 5 stop something hurting as much
- 6 make things happen

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chortling	humour	laughter	comedies	mirthful
jollity	happiness	funny	laughing	lighten up

Complete the following sentences with the most appropriate word from the box.

- 1 What I like about Tom is his great sense of _____.
- 2 _____ is what everybody wants in life.
- 3 I love those old _____, but they show them so rarely these days. I'll always remember my granddad _____ away to himself as he watched one of them.
- 4 It's wonderful listening to the _____ of my children when they are playing together.
- 5 Our school reunions are so _____. All the old stories, the _____. It really takes me back.
- 6 When Julie starts telling stories I just can't stop _____.
- 7 I wish John would _____ a little. He's so serious
- 8 He's such a _____ character, so humorous and full of laughter.

Speaking**9 Think of a joke or a funny story that you would like to tell. You have five minutes to prepare. Write down six to eight important words to help you remember the story.**

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